



## CALL FOR YOUTH ART SUBMISSIONS

Hello!

Northland Healthy Minds – Northern St. Louis County Coalition, is hosting an art contest around mental health. Submissions should embody what Northland Healthy Minds represents - A community that is caring and compassionate for people with mental illnesses. Northland Healthy Minds believes it's ok to have a mental illness; many people do. It's okay to talk about mental illness; talking helps people feel less alone. It's okay to get help with mental illness; life can get better.

Youth ages 13-17 are eligible to submit. They must live or go to school in Northern St. Louis County. Work created digitally or with pen, pencil, paint, or other drawing materials is preferred over three-dimensional works such as sculpture. Submissions are open August 28 - September 23. Winners will be announced on October 4. The winner's submission will be used to promote Northland Healthy Minds via marketing materials. That could include giveaways for events, flyers, posters, and more. The winner will also receive a \$20 gift card to Target. All submissions should be sent as a .jpg, .png, or .tiff file to [planning@aeoa.org](mailto:planning@aeoa.org). The submission email should include their name, age, grade, school they attend, and town they reside in. The coalition looks forward to seeing submissions!

Northland Healthy Minds - Northern St. Louis County Coalition is a group of twenty organizations and many community members that meets monthly with a goal of eliminating the stigma surrounding mental illnesses. Meetings are on the second Friday of every month from 11A.M. to 12P.M. at the Essentia Health - Virginia Hospital in the basement level in the McMillan A room. All are welcome. For more information about Northland Healthy Minds contact [Jenna.Ballinger@EssentiaHealth.org](mailto:Jenna.Ballinger@EssentiaHealth.org).

Thank You,

Jenna Ballinger